Greetings Warren XC Runners, Families, and Friends…sorry it has been awhile, after coming back from vacation it’s been a race to get caught back up…funny thing about vacations, after a week of vacation, you need another 2 weeks of vacation to get done what was left undone while you were gone.

At any rate, as we are nearing the start of practice for the 2010 cross country season, I wanted to get out one last newsletter. You will get this by email and hopefully by regular mail for those who don’t check email. I do hope everyone has been trying to stay up to date by following the newsletters, going to website or the Facebook page, or by checking the summer info provided at the start of summer. So – here are few reminders and things you should know. As always, PLEASE share with your parents or with your son/daughter or teammates if they do not check email.

**ANNOUNCEMENTS AND REMINDERS**

**Practice**
Practice starts Monday, August 9th, at 6:30 PM for any students in grades 7-12 who are planning or interested in running this fall. Meet at the Warrior Pavilion. All students should bring:

- Completed physical forms, if they have not already turned them in. You **CANNOT** practice without a completed physical!
- Water
- Running shoes, shorts, t-shirts, and for HS runner, you SHOULD have a watch
- For high school runners, you should bring summer training logs if you have them, or if you have not been keeping them, PLEASE write up a summary of your training this summer.
- A list of any conflicts or other activities (vacation, band, 4H, FFA, Cheerleading, Drivers Ed, work, ACT or SAT exams, and so forth) that we will need to discuss. I do my best to work with you as long as you communicate with me and don’t take advantage of the situation.
- For junior high parents – there will be a parents meeting that night, August 9th.
- Varsity parents – we will have a parents meeting the following Monday, August 16th, Warrior Pavilion

Practices will be from 6:30 PM – 8:30 PM for the high school on weekdays until school starts, and at 8 AM on Saturdays until school starts.

Junior high practices will be discussed by Coach Blevins at the parents meeting.

For more information on the high school team, contact Rich Hoffman, 740-989-2650 or hoffman@oucom.ohiou.edu.

For more information on the junior high team, contact Debbie Blevins, 740-336-2235, or dblevins@ccmh.org.

**Team Pictures**
Team pictures for all cross country runners will be Sunday, August 15th, at 3:00 PM. This was the time that was selected by the school so as to be able to give us time to get everyone organized, get the uniforms out, while also making the deadline for printing the fall programs. So, it’s the best that we can do. The photographers and myself did not decide the time, but the reality is, any day was sure to have conflicts. Please do your best to be there for this day. We will have flyers and order forms available when practice starts.

**Parents/Athlete’s Meeting**
We had a head coaches meeting on Thursday, July 29, and at that time we were informed that on **Thursday, August 5th, at 7:00 PM in the WHS gymnasium**, the annual meeting where Mr. Leffingwell and Mr. Ruth will go over OHSAA regulations, school athletic rules, boosters club info, and so forth will be held. This meeting is considered **MANDATORY**.

**Boosters Club Notes**
A couple of notes – the Boosters Club is always asking for help with concessions, sponsors for ads in programs, and other activities. At the above mentioned meeting, more information will be provided on how you might be able to help the Boosters Club. I know we are all busy, but I would like to encourage you, if you can, to lend a little time to the boosters club in some way. Also, on August 14th, the Boosters Club is sponsoring a 300 Club Dinner that will include raffles and a dinner. The cost is $100 per couple. If you are interested in purchasing tickets, let me know, or contact Mr. Leffingwell at the high school.

Ok, I think that takes care of the major announcements! Now, a few words and tips…
The Season is Upon Us....
One final push for new members...We encourage anyone who is interested to attend, and if you have any friends who are interested or might be interested, they are more than welcome! We accept any one of any size, shape, ability, or experience level. Anyone can be successful.

If you are not sure, or hesitating, we encourage you to give yourself a chance, even if you haven’t been running or are not sure you can do it. Trust us – you can do it! Although it would be better if you have been running this summer, at both the HS and Junior High level we work with those who have not been running and need to start off easy and build up. Do not let that turn you away or discourage you. We will help you get in shape and get better. Let me remind you, at one time I was that little guy in the back of the pack, and 2 years later I was that guy at the front finishing 2nd at the state championship. A guy I ran against in college, Rick Robirds, never ran faster than 4:49 for the mile on the track in high school. I’m not even sure he qualified for the state meet in cross country or track. But by the time he graduated from college he had won 6 national championships in track and cross country, and had the course record for the national course (23:47 for 5 miles – that’s averaging 4:45 per mile for 5 miles on grass). That same year, my teammate Jeff trump, finished 4th at the national meet, running 24:10. Jeff was a very good runner in high school, but certainly not 4th in the country caliber. In college he was a 4.0 double major in Biology and Chemistry and received a fellowship to medical school whereby all his med school was paid for....but when Jeff was a freshman in high school, during track meets, he would get lapped in the mile and 2 mile, and there were actually times when a very good runner from another school turned around and ran backwards as he would pass him and laugh and point at him. The point is: Persistence, consistency, and commitment and just pure willingness to give yourself a chance can go a long, long way.

If, after all this consideration, you have decided not to run, we would greatly appreciate a call or email so we can plan accordingly and so we know whether or not to keep you on our list, or if you just weren’t able to make it, or if something is wrong or maybe you just couldn’t make it that night. Your assistance and understanding of our time and efforts are appreciated.

Recruiting Activities...
I am hoping to set up a table at freshman orientation on Thursday, August 19th. We will also have tables at the middle school open houses on Monday and Tuesday, August 23rd and 24th. If anyone would like to help out Coach Blevins and myself, let me know.

Now on to other things....
One of the hardest things to do as a competitive athlete, and especially as an endurance athlete where being obsessive, disciplined and consistent are vital, is maintaining a proper balance and perspective on all things. Running is important to us, or I hope it is, but it should not be the end all and be all of your life. Make time for family, friends, study, reading, music, and other things that enrich your life. There is still plenty of time for running. You can do all those things and still be able to train well, the key will be understanding how to mesh those together into a pattern that works for you.

Keeping things in perspective means understanding the true value of athletics and competition, and that is to seek out your best from that given day and given season. We cannot always be at our very best, and sometimes there are things we cannot control that influence what we are actually able to achieve, but we do our best to control what we can and what we have the power to change, and then allow the chips to fall where they may. Sometimes our best seasons and best races are not the best in terms of times and places, but when we measure them by other standards, perhaps we overcame significant obstacles and hurdles to accomplish what we did. Keep things in perspective, try not to despair or over-react when bad times knock you down all little, and look at the bigger picture. There is always another day, another race, another season. A race, a season, does not a person make. There are always positives and benefits to be had, and we learn more through overcoming challenges than we do by sailing through unobstructed.

Which reminds me of a story...when I coached collegiately in Pennsylvania, one year we had a pretty good team. We had never won our league, but this was the year maybe, just maybe we had a chance. Well, the season rolls around and we find out that one of the schools in our conference had brought in a bunch of Kenyans, Ethiopians, and Nigerians. It didn't look good. There was nothing we could do but do our job day in and day out, we couldn’t control or change or influence the fact that they had all these African runners. And so we did just that. And come November, when the dust settled, we actually did win the league that year. By not worrying about something we couldn't change, and taking care of what we could, we stayed focused on the task and achieved our objectives.

One other note on keeping things in perspective. A little nervousness before a race is normal and expected. But races do not define you and who you are, and they are not the end all be all of life. When you get nervous before a race, think about this: You may be really nervous about this race right now, but this is something we do for fun and it is not pressure. Nobody is shooting at you in battle. History gives us real examples of pressure. Go back to the Great Depression. Pressure is not having a job with five starving kids. This is a race. All you have to do is try your very best. Then you cannot lose.

FOR THE GIRLS...
Watch this video and see why you SHOULDN’T believe everything you see and read!

http://www.youtube.com/watch?v=YP31r70_QNM&feature=fvsr

ALSO FOR THE GIRLS...
Looking for a good female runner role model? Here are a couple of good choices and videos.
Joan Samuelson – winner of first Women's Olympic Marathon in 1984…still running competitively in her fifties.
http://www.youtube.com/watch?v=7dFqH_vDh6E&feature=fvsr

http://www.youtube.com/watch?v=t8FGUbA8FWM

Lynn Jennings – 3 time winner of World Cross Country Championships.
http://www.dailyprincetonian.com/2006/12/06/16873/

TEAM COUNCIL
This year I am implementing something new for the high school team to help me coordinate activities and involve you in leadership of the team and in goal setting. This is YOUR team – I am merely a catalyst, a guide, a helper, perhaps a mentor. I believe it is important that YOU take ownership of your success and experience. Council would help determine team goals, activities, and other team issues. You will learn more, you will have a better experience, and you will profit more emotionally and spiritually. It doesn't truly matter what I believe you can or cannot do – in the end, you will only achieve what you want to and can believe you can achieve. It doesn't matter what I want you to do, in the end it only results in frustrations on both sides unless you want to do something. But if you want to achieve something, have a goal, a dream, as a team or an individual, and communicate it to me, then we can work towards that goal together. Also, this year I would like to have an activity or two, as a team, where we go and support another group at the school, and the council would be instrumental in helping choose those activities. Maybe it’s the band at a competition, or a volleyball game…or a golf match…let’s support others. As my main man Bruce Springsteen says “In the end, nobody wins, unless everyone wins.” And he’s just not talking about the final score. I would like to have a boy and a girl from each grade on the team council. So, if you would be interested in serving on the council, or would like to nominate someone, email me or get that info to me and we’ll get started.

TEACH A MAN TO FISH
There is an old saying, a Chinese proverb, that says “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” My goal as your coach is to teach you to fish, not just give you a fish. That’s why I try and explain our workouts, why we do them, try to get you to involve yourself in team leadership and goal setting, put together that monstrous summer training CD, and write and send these newsletters. It’s also why I talk about nutrition, talk about the physiology of running and other topics, that may make you wonder “why does he do that?” The reason is, I want you, at the end of your high school running experience, to be able to understand and take ownership of your running, to be able to essentially coach yourself, and to evaluate what is and isn’t working for you (just not what you do and don’t like to do in training). I also hope to use some of what we talk about in cross country to help you academically, so that when you go into that college physiology class, college nutrition class, college psychology class, you may have a bit of a head start on some topics. Our program should be about more than just running fast.

COLLEGES AND RUNNING
Speaking of colleges, if any of you are interested in pursuing running at the college level, I am available to help you seek out colleges that may fit your academic and athletic needs and guide you through the process to some extent. I coached at several different colleges, private and public institutions, and have a fair number of contacts at various colleges. We also have our alumni database. We have at least alumni currently running in college and many before that. If you want to run in college, there is a school and program out there for just about everyone, and I can help you find it, and can write letters of recommendation, send information, help contact coaches, or provide other support. Is it for everyone? No. But, there are many people who dismiss these opportunities for a variety of reasons. My college running experience was very rewarding and influential, and I have many great friends and mentors as a result. It is not as hard as you may think, and while it can be demanding, it has been demonstrated over and over that most college student-athletes have higher GPA's, graduation rates, and adjustment rates to college than non-athletes. Just give it some thought and if you are interested in my assistance, let me know.

COMMUNICATE
I believe this to be especially important. I will believe what you tell me about your training, racing potential, and injury or health. As a result, if you don't communicate with me honestly and directly, you won't maximize your experience. The best training and racing will occur when you tell me that you are a) over your head or b) could be working harder. I sometimes have a good sense of those sorts of things, and may have a broader understanding of what needs to be done and how what we are doing meshes with what you are telling me, but nothing beats authentic feedback.

MIDWEST MEET OF CHAMPIONS MEET – to see some info about this meet, go here:

QUOTES OF THE WEEK
"My fiercest competition was always myself. If I could reach into the depths of my capabilities and perform to the greatest extent I was capable of on a given day, based on proper preparation, that’s all I could ask of myself. I try to get this across to young athletes to make them understand that they must look within themselves - not at their fellow competitors - for their dream. And when they do that, they are going to get the most out of themselves based on their training, and talent."
From The Karate Kid:  http://www.youtube.com/watch?v=Y3lQSxNdr3c&feature=related

Miyagi: Now, ready?
Daniel: Yeah, I guess so.
Miyagi: [sighs] Daniel-san, must talk.
Miyagi: Walk on road, hm? Walk left side, safe. Walk right side, safe. Walk middle, sooner or later [makes squish gesture]
Miyagi: get squish just like grape. Here, karate, same thing. Either you karate do "yes" or karate do "no." You karate do "guess so," [makes squish gesture]
Miyagi: just like grape. Understand?
Daniel: Yeah, I understand.
Miyagi: Now, ready?
Daniel: Yeah, I'm ready.

From Star Wars:

Yoda: Do or do not... there is no try."  http://www.youtube.com/watch?v=q3hn6fFTxeo

Yoda: Size matters not, ... Look at me. Judge me by size, do you?"

VARSITY PRACTICE AND TRAINING SCHEDULE FOR FIRST 2 WEEKS

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Practice Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>8/9</td>
<td>6:30-8:30P</td>
<td>Go over team information, collect information, easy team run over course. Core work.</td>
</tr>
<tr>
<td>Tue</td>
<td>8/10</td>
<td>6:30-8:30P</td>
<td>&quot;Aerobic test Run&quot;: 4,5, or 6 mile timed run for veterans. Moderate distance run for newcomers or those not ready yet. Strength circuit 1. Nutrition discussion.</td>
</tr>
<tr>
<td>Wed</td>
<td>8/11</td>
<td>6:30-8:30P</td>
<td>Aerobic Recovery or Aerobic Conditioning Run as needed. Core work. Running Technique work.</td>
</tr>
<tr>
<td>Fri</td>
<td>8/13</td>
<td>6:30-8:30P</td>
<td>INTRA-SQUAD AND ALUMNI 1 MILE XC Race; hand out uniforms</td>
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<tr>
<td>Sat</td>
<td>8/14</td>
<td>8-0:30A</td>
<td>Long Aerobic Run – McDonough or Mountwood Park? Injury prevention training.</td>
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<tr>
<td>Sun</td>
<td>8/15</td>
<td>3:00P</td>
<td>No practice - TEAM PICTURES</td>
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<tr>
<td>Mon</td>
<td>8/16</td>
<td>6:30-8:30P</td>
<td>Practice dynamic warmup drills and pre-race prep, and Lactate Threshold workout or Aerobic Conditioning Run. Strength circuit 1</td>
</tr>
<tr>
<td>Tue</td>
<td>8/17</td>
<td>6:30-8:30P</td>
<td>Aerobic Conditioning Run. Injury prevention work. Core training. Team goal setting session.</td>
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<tr>
<td>Thu</td>
<td>8/19</td>
<td>5:30-6:30P</td>
<td>Dynamic warmup. INTRA-SQUAD 1 MILE RACE #2 – during the Big Blue Picnic. Freshman orientation at 6:30 P.</td>
</tr>
<tr>
<td>Fri</td>
<td>8/20</td>
<td>6:30-7:30P</td>
<td>Aerobic Conditioning Run. Injury prevention work. Core training.</td>
</tr>
<tr>
<td>Sat</td>
<td>8/21</td>
<td>------</td>
<td>Run on your own or run Parkersburg 2 mile Race</td>
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SEE YOU SOON!!!